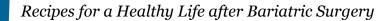
Eat to Live Well





Chicken Pita Sandwich

Ingredients:

- 4 3-ounce chicken breast
- 2 tablespoons of Olive oil
- 1/2 cup non-fat plain Greek yogurt
- 4 whole grain pitas
- Optional ingredients: dried basil leaves, lettuce, tomato, bean sprouts

Directions:

- 1. Bake skinless chicken breast with olive oil and seasonings of your choice.
- 2. If desired, combine Greek yogurt with dried basil leaves
- 3. Spread yogurt mix inside of pita
- 4. Once chicken is cooked, cut into thin slices and place inside pita (4 slices per pita)
- 5. Top as desired with lettuce, tomato, and/or bean sprouts

Number of servings: 4 Serving Size: 1 pita

Nutrition Per Serving:

Calories	267.6
Total Fat	9 g
Cholesterol	11.8 mg
Sodium	360.8 mg
Potassium	183.0 mg
Carbohydrate	36.3 g
Fiber	4.7 g
Sugars	1 g
Protein	13.1 g

Submitted By: Employee

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